

BOOK REVIEWS

THE WESTERN JOURNAL OF MEDICINE does not review all books sent to it by the publishers. A list of new books received is carried in the Advertising Section.

HEREDITARY RETINAL AND CHOROIDAL DISEASES—Volume I
—Evaluation—Alex E. Krill, MD, Professor of Ophthalmology, Pritzker School of Medicine, University of Chicago, Chicago. Harper & Row, Publishers, Medical Department, 2350 Virginia Avenue, Hagerstown, Md. (21740), 1972. 354 pages, \$19.75.

It is so regrettable that this book is one of the last published writings of this outstanding vision scientist. Doctor Krill has written it in a very clear and succinct style, with an emphasis upon cause and effect and a correlation between structural changes and visual dysfunction. In this volume, the principles of genetics, the electroretinogram and the electrooculogram, and visually evoked responses are reviewed, with a helpful emphasis upon their clinical relevance. Friend and coworker, Desmond B. Archer, contributes an excellent chapter on the technique and interpretation of fluorescein angiography, with numerous illustrations of very good quality. Finally, evaluation of night vision—dark adaptation, and color vision tests are discussed, explained, and evaluated.

This book has an excellent bibliography. It is current and very useful for the clinician and others in the vision sciences.

ROBERT E. CHRISTENSEN, MD

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DISEASES OF THE VULVA—Nikolas A. Janovski, MD, FCAP, MRC PATH (ENGLAND), Consultant Pathologist, Illinois Registry of Anatomic Pathology, Founding Fellow, International Society for the Study of Vulvar Disease, Department of Obstetrics and Gynecology, Passavant Memorial Hospital, Northwestern University, Chicago; Charles P. Douglas, MB, FRCOG, Professor and Chairman, Department of Obstetrics and Gynecology, Royal Free Hospital, School of Medicine, University of London, Founding Fellow, International Society for the Study of Vulvar Disease. Harper & Row, Publishers, Inc., Medical Department, 2350 Virginia Avenue, Hagerstown, MD (21740), 1972. 125 pages, with 106 illustrations, \$17.50.

Beginning with an abbreviated embryologic and anatomic description of the vulva, the text, which might more appropriately be called an atlas, then proceeds in a concise and logical fashion to describe the common and esoteric pathologic changes that can occur in this accessible anatomic area.

Vulvar dermatoses, a multifaceted problem to both the gynecologist and dermatologist, receive comprehensive coverage. Except for the section devoted to herpes proies, the natural history of pyogenic and venereal vulvar disease is succinctly presented with specific recommendations as to medical and surgical treatment for each entity. I was frustrated by the brief and classic approach taken by the authors in their material on vulvar herpes. There is great interest today in herpes virus Type II and its, at present, tenuous link with gynecologic malignancy. In addition, new effective though somewhat controversial therapies are now available to shorten the course of the frustrating ulcerative herpetic lesion. Neither factor is at all explored in the authors' discussion of herpes proies and I feel they should be included even in a monograph of this size.

The chapter on benign and malignant vulvar tumors preceded by a unique section on "tumorlike" conditions is excellent. A wealth of statistical and therapeutic information, including a very up-to-date clinical staging of vulvar carcinoma, is contained within what might be considered a short chapter to cover this important topic.

In any evaluation of a text of vulvar disease it is on the discussion of so-called "white lesions" of the vulva

that attention is always focused. This is logical for terms such as leukoplakia, kraurosis and lichen sclerosis et atrophicus conjure confusion in the minds of residents-in-training and seasoned clinicians alike. The authors have approached this subject by presenting their own classification of dysplastic and premalignant vulvar lesions. As with many personal schemes, this may function well for them but I believe adds little to our true understanding of these entities especially when non-helpful terms such as "melanosis circumscripta praeblastomatosa of Dubreilh (lentigo maligna)" are included in the classification.

The authors have compiled an impressive series of color gross and microscopic photographs to illustrate the many lesions they describe and these are adequately captioned. A fine bibliography and complete index enhance the book's usefulness.

In summary I believe this new text on vulvar disease has a broad appeal not only to those in residency training but also to all clinicians within the speciality of gynecology and in general practice who, I'm sure, are often faced with a myriad of vulvar pathologies. *Diseases of the Vulva* is a well planned comprehensive effort and certainly a credit to its authors.

MOREY FILLER, MD

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THE JACK SPRAT COOKBOOK—Or Good Eating on a Low-Cholesterol Diet—Polly Zane; foreword by Campbell Moses, MD, Medical Director of the American Heart Association. Harper & Row, Publishers, Inc., 10 East 53rd Street, New York City (10022), 1973. 497 pages, \$10.95.

Polly Zane's husband was recovering from a heart attack. She was then told that her whole family had to change its nutritional way of life. In her own words, "... I could have cried. Here suddenly, and with no warning to brace myself, I was being told to forget not only most of the foods my family enjoyed but also a large number of my cooking methods. And not next month or next week but right away. *Starting Now.*"

It was hard work finding out how to do this. Although she did find a lot of information on low-cholesterol, low-saturated fat diet, "... the recipes varied in reliability but seldom in dullness. And while my husband had a strong motivation to stay with the diet, unappetizing though it might have been, he wasn't the only one concerned. The food I cooked had to be eaten by everybody in the family. Available information simply did not supply enjoyable meals. There had to be a better way."

Polly Zane found a better way. She describes the process as one of trial and error, but it was also, obviously, a labor of love. The results are embodied in this attractive cookbook whose special appeal is that it is written by someone who has really been there.

This book is a collection of recipes to choose from at random. It is intended for anyone, including the heart patient, who wishes to keep his blood cholesterol level down. The recipes produce dishes which are medically acceptable and look as if they would be a pleasure to eat. Many old favorites are revamped in healthy trappings which take them off the banned list and restore them to the table.

This is a real do-it-yourself book and is to be recommended.

IAN CARR, MD